

THE FAIRFAX AREA AGENCY ON AGING PRESENTS CAREGIVER'S CORNER ONLINE OCTOBER 2005

Caregiver's Corner Online is an electronic newsletter produced by the Fairfax Area Agency on Aging (AAA) with funding from the National Family Caregiver Support Program of the Older Americans Act. Our goal is to send you information to support you as a caregiver for an older adult.

IN THIS EDITION:

1. November is National Family Caregivers Month
2. Special Events in Observance of National Family Caregivers Month
3. Fall 2005 Seminars for Caregivers of Older Adults
4. Previous Editions of "Caregiver's Corner Online" are Available

1. NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH. National Family Caregivers Month, which is observed every November, seeks to draw attention to the many challenges facing family caregivers, advocate for stronger public policy to address family caregiving issues, and raise awareness about community programs that support family caregivers. It is a time to thank, support, educate, and celebrate more than 50 million family caregivers across the country. This year's National Family Caregivers Association (NFCA) theme is Caring Every Day. It encourages family caregivers to take three steps every day to make their lives easier, improve care, and raise awareness about their continued love and commitment. The three steps include:

**** Believe in yourself.** Regardless of the reasons you are a caregiver for someone, know that your services are valuable. You may not always feel "valued" by the person you are caring for, but you are going above and beyond the normal activities for the day, and doing things you may not care to do. By doing this, you make life a little more comfortable for another and share a spirit of selflessness.

**** Protect your health.** You probably do whatever you can to see that your loved one has the medical care he or she needs. When was the last time you tended to your own health needs? Routine health maintenance, like dental checkups, PAP tests, cholesterol and blood pressure checks, may seem unimportant for you, but they can prevent larger problems from arising. Protect your health so you can continue to provide for another.

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**** Reach out for help.** Know your limits and let others know. Perhaps you need something as simple as time for a haircut and manicure, a walk in the park, lunch with a friend, or to join a support group. Ask for the help you need to make it happen. Find respite care. Get a ride. When someone asks if they can help, let them know what you need and when. You know your limits and you need to know theirs. But people will feel better giving you a hand, if you let them.

If you need more information on resources to assist family caregivers, please call the Fairfax Area Agency on Aging, serving residents of Fairfax County and the cities of Fairfax and Falls Church, at 703-324-7948, TTY 703-449-1186 or visit the Web site at www.fairfaxcounty.gov/aaa.

2. IN OBSERVANCE OF NATIONAL FAMILY CAREGIVERS MONTH, THE FOLLOWING SPECIAL EVENTS ARE BEING HELD FOR YOU:

-- A Day for Family Caregivers of Older Adults. The third annual event for caregivers of older adults, "Give Care, Take Care," will be held on Tuesday, November 29, 2005 from 9:30 a.m. to 1:00 p.m. at the Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Mary Fridley, RN, BSN, will speak on coping skills for caregivers, "When Life Throws You a Curve Ball." A buffet lunch will be served. The cost is \$10 but scholarships are available. Details and a registration form are available online at www.fairfaxcounty.gov/aaa or by calling 703-324-5425, TTY 703-449-1186. The registration deadline is November 21. The program is sponsored by the Fairfax Area Agency on Aging with funding from the National Family Caregiver Support Program. For reasonable ADA accommodations only, please contact Betsy Pugin at 703-324-5401, TTY 703-449-1186.

-- "it takes a community...to help a caregiver" will be presented Friday, November 11, 2005 from 8:30 a.m. to 4:00 p.m. at Goodwin House Bailey's Crossroads, 3440 S. Jefferson Street, Falls Church. This is the 19th annual conference, sponsored by the Northern Virginia Respite Care Consortium, with funding from Genesis HealthCare and Sunrise Senior Living. If you are a family member, community health care provider, or other person dealing with a person with Alzheimer's and other dementias, this conference is for you. Cost is \$25 for a family caregiver and \$35 for a professional caregiver. Mail your registration check before November 4 to: Alzheimer's Association, National Capital Area Chapter, 11240 Waples Mill Road, Suite 402, Fairfax VA 22030. For more information, please contact the Alzheimer's Association, National Capital Area Chapter, at 1-800-272-3900 (toll-free) or visit their Web site at www.alz-nca.org. (The Northern Virginia Respite Care Consortium includes Alzheimer's Association, National Capital Area; Alzheimer's Family Day Center; ElderLink, Options for Caregiving; Fairfax Area Agency on Aging, Dept. of Family Services; Fairfax County Health Dept.; Goodwin House/Goodwin House Bailey's Crossroads; Loudoun County Adult Day Care Center.)

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3. FALL 2005 SEMINARS FOR CAREGIVERS OF OLDER ADULTS CONTINUE. Find out more on topics of interest to caregivers of older adults, sponsored by the Fairfax Caregiver Seminar Consortium with funding from the National Family Caregiver Support Program. Coming events include:

-- "Navigating the Legal and Medicaid Maze of Long-Term Care," Wednesday, November 2, 2005 from 7:00 p.m. to 8:30 p.m., at Little River Glen Senior Center. For directions, please call 703-503-8703.

-- "Elder Care and Work: Finding the Balance," Wednesday, November 9, 2005 from 12 noon to 1:30 p.m., at the Pennino Building, 12011 Government Center Parkway, 10th Floor (Virginia Room), Fairfax. For directions, please call 703-324-5411.

-- "Home is No Longer an Option: Now What?," Wednesday, November 9, 2005 from 7:00 p.m. to 8:30 p.m., at Groveton Senior Center at South County, 8350 Richmond Highway, Suite 325, Alexandria. For directions, please call 703-704-6216.

-- "Humor for the Caregiver's Soul: Surviving the Holiday," Tuesday, November 15, 2005 from 1:30 p.m. to 3:00 p.m., at the Alzheimer's Family Day Care Center, 2812 Old Lee Highway, Suite 210, Fairfax. For directions, please call 703-204-4664.

More information on these seminars is available online at www.fairfaxcounty.gov/aaa. The Fairfax Caregiver Seminar Consortium includes Alzheimer's Association, Alzheimer's Family Day Center, Thomas West Financial Services, Fairfax County Dept. of Community and Recreation Services, Fairfax County Dept. of Family Services, Fairfax County Health Dept., and Fairfax County Public Library.

4. PREVIOUS EDITIONS OF "CAREGIVER'S CORNER ONLINE" NEWSLETTER ARE NOW AVAILABLE. Current and past editions of the "Caregiver's Corner Online" newsletter are available online at www.fairfaxcounty.gov/aaa/caregivers_corner_nl.htm.

Please note that these items are included for informational purposes only and do not imply endorsement by the Fairfax Area Agency on Aging or Fairfax County Government.

For further information, please contact an Aging Information Specialist at the Fairfax Area Agency on Aging (telephone: 703-324-7948; TTY 703-449-1186 or e-mail: fairfax_aaa@fairfaxcounty.gov). Visit our website at: www.fairfaxcounty.gov/aaa.
